

# **Sore Throat Prevention and Support**

## **Gargle**

6 ounces of pure water add 2 tsp of Celtic Sea Salt, 1 capful of the homeopathic remedy #1 Detoxification by 21 st Century and 4 drops of Bio D-Mulsion Forte. Gargle 3-4 times per day

## **Global Antifungal and Immune Support**

ADP 4 tablets 3 times per day

IAG 1 tbsp 3 times per day (adults) use tsp for children

## **DIETS**

No sugar or dairy, reduce wheat and other processed packaged foods, increase fruits, vegetables and pure water

For extremely difficult cases of hoarseness or extreme throat abuse consider the use of Cal/Mag Plus, 2 tid (para thyroid tissue, with Calcium and Magnesium) may be indicated and or Cytozyme Trachea 4 tid (neonatal throat tissue for repair and anabolic growth factors) Cytozyme Trachea also has some antimicrobial immune enhancing factors according to Dr. Prudden and his work with cancer.

## **Hidden Sources of Sugar**

Sugar is everywhere in your supermarket! It's in plain sight in many foods, such as cereals, cakes, cookies and candy. But it's also lurking under many different names in products that you might never suspect. Foods such as canned soup and spaghetti sauce can also be heavy on the sugar.

Even though sugar and other simple carbohydrates can play a part in a well balanced diabetes diet, hidden sources of sugar can wreak havoc with the best laid nutritional plans.

Sugar travels incognito under many different aliases. Here are just a few. There are the usual suspects such as table sugar, brown sugar, powdered sugar, cane sugar, corn syrup, and sorghum, honey and maple syrup. These are common forms of sucrose.

But then it can get a little bit tricky. There are other sugars that also end in "ose" just like sucrose does.

Glucose, (aka dextrose), lactose, maltose and fructose are in many products. Even though fructose doesn't affect blood sugar as easily as sucrose, it is still a sugar and must be counted as a simple carbohydrate when you're keeping track.

Even more sneaky are the "ols" which are basically sugar alcohols. A lot of chewing gums and breath mints have these sugars in them. You may have seen sorbitol, xylitol, mannitol and maltitol listed in the ingredients for these and other products. How can you defend yourself against these masked marauders? Be aware and read the labels. If it ends in "ose" or "ol", it's most likely a sugar.